

SPECIAL INTEREST



Free Income Tax Assistance

This program is co-sponsored by AARP and Fredericksburg Parks & Recreation. Trained volunteers provide Federal and Virginia state tax preparation assistance to senior citizens (60 and up) and others who need help. Completed returns are filed electronically. To receive service on a first-come, first-served basis, you must bring a **government issued photo I.D. for the taxpayer (and spouse, if married and filing jointly), as well as Social Security cards for all persons listed on the return. THIS IS AN IRS REQUIREMENT WHICH WE CANNOT WAIVE!** In addition, please **bring copies of your 2007 tax returns, all forms W-2, 1099s issued to you, and any other documentation of income and/or deductions. For joint returns, both spouses must be present for service.** Due to the program's popularity, we suggest you arrive prior to 12 noon; we make every attempt to provide same-day service.
Tuesday and Thursday 9:30 AM to 3:00 PM
February 3 - April 30
FREE for City and Non-City Residents
Dorothy Hart Community Center

Credit Score & Debt Reduction Strategies

(Ages: 18 to Adult) Credit score increasing and debt reduction strategies for the person living on food stamps who sweeps floors to the person who owns the fancy house on the hill. You will also learn how to communicate with federal, state, and local government employees. You will gain knowledge about things you may be able to do legally in rental situations, contract situations, and various situations within the legal system. Many of these things impact your credit score. This class will also cover identity theft. Bring your Experian credit report as well as your Experian credit score. Bring your Transunion credit report and Transunion credit score. Bring your Equifax credit report as well as your Equifax credit score. Only exposed the last 4 digits of your social security number please.

You will receive 3 books 1) Debt/Collections 2) Legal Issues 3) How to Talk to Someone to Get Benefits for You and Your Family. Plus the critically important Index Pages for use with government as well as private entities. This is a very intense class only registered participants may attend.

How to Practice Being Happy!

(Ages: 16 to Adult) Start the new year right and find what it is you're really looking for in life. A chance to nurture your spirit and charge your batteries. Get rid of those old ideas keeping you from being the best you can be! Learn news skills to help manage your space in a more productive way, help with feelings of low energy, depression, and low self-esteem. Life is good!!

2452.215 M, 5-Jan 7:00 PM - 9:00 PM
2452.216 M, 9-Mar 7:00 PM - 9:00 PM
2452.217 M, 6-Apr 7:00 PM - 9:00 PM
 Community Center Instructor: Harris, Nancie
 \$25 City, Non-City Resident
 Registration Begins: 1/6 City 1/13 Non-City

6530.302 Sa, 24-Jan to 24-Jan 9:30 AM - 12:30 PM
6530.303 Tu, 27-Jan to 27-Jan 11:30 AM - 2:30 PM
6530.304 Th, 29-Jan to 29-Jan 7:30 PM - 9:15 PM
6530.305 Sa, 31-Jan to 31-Jan 9:30 AM - 12:30 PM
6530.306 Tu, 24-Feb to 24-Feb 11:30 AM - 2:30 PM
6530.307 Th, 26-Feb to 26-Feb 7:30 PM - 9:15 PM
6530.308 Sa, 28-Feb to 28-Feb 9:30 AM - 12:30 PM
6530.309 Tu, 24-Mar to 24-Mar 11:30 AM - 2:30 PM
6530.310 Th, 26-Mar to 26-Mar 7:30 PM - 9:15 PM
6530.311 Sa, 28-Mar to 28-Mar 9:30 AM - 12:30 PM
6530.312 Tu, 28-Apr to 28-Apr 9:30 AM - 2:30 PM
6530.313 Th, 30-Apr to 30-Apr 7:30 PM - 9:15 PM
 Community Center Instructor: Fortune, Sheri
 \$25 City, Non-City Resident
 Registration Begins: 1/6 City 1/13 Non-City

Tuesdays 11:30am - 1:30pm in May, June & September

Lunchtime at Hurkamp Park

Keep Lunch Alive!

We need support to Keep everyone's favorite lunch concert series going!
 Now accepting \$300 sponsors for each of the lunchtime concerts.



Perfect opportunity for businesses and volunteer groups!

Interested in sponsoring a concert? Call (540) 372-1086 x215 for more info

Adult Classes: (540) 372-1086 ext. 208

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www.fredericksburgva.gov

MORE SPECIAL INTEREST ...

Parent/Child Basic Sewing Skills

(Ages: 7 to Adult) Class is designed for parents and children to learn basic sewing skills together in a guided environment.

4024.203 Th, 12-Feb to 5-Mar 5:00 PM - 7:00 PM

4024.204 Th, 19-Mar to 9-Apr 5:00 PM - 7:00 PM

4024.205 Th, 23-Apr to 14-May 5:00 PM - 7:00 PM

Community Center Instructor: Carlson, Shirley

\$40 City, \$45 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Quilting 1

(Ages: 16 to Adult) For those of you who always dreamed of quilting but— never had the time, never had the skill, and never thought could. Let Shirley, Fine Arts Quilter, help you define a new role of quilting in your life. It's all about the fabric, the fun and the fantastic (and easy) results you can get immediately. Please check receipt or with the front desk for a supply list.

4026.311 Tu, 20-Jan to 10-Feb 5:00 PM - 7:00 PM

4026.312 Tu, 24-Feb to 17-Mar 7:00 PM - 9:00 PM

Community Center Instructor: Carlson, Shirley

\$40 City, \$45 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Quilting 2

(Ages: 16 to Adult) Always loved the ancient quilted bed cover of Grandma's? Have done some quilting and/ or sewing and are ready for the next step? Come experience the new era of quilting with Fine Art Quilter, Shirley. This class will introduce you to the new way we quilt now— infusing fiber art with fine art in a way that will totally blow you away. Please ask for supply list or look on your receipt when you register.

4026.306 Tu, 31-Mar to 21-Apr 7:00 PM - 9:00 PM

4026.307 Tu, 28-Apr to 19-May 7:00 PM - 9:00 PM

Community Center Instructor: Carlson, Shirley

\$40 City, \$45 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Ooops! We are human...

Our editors have worked hard to ensure accuracy within our publication. We apologize if something has slipped past our editors. Please call us with any questions.

Everyday Sewing Skills

(Ages: 16 to Adult) This class is for anyone who needs to sew on a button, hem a pair of pants, or alter clothing. Did you get a sewing machine as a gift and don't know the first thing about it? Then this class is for you!

Materials fee included.

4024.308 Th, 12-Feb to 5-Mar 7:00 PM - 9:00 PM

4024.309 Th, 19-Mar to 9-Apr 7:00 PM - 9:00 PM

4024.310 Th, 23-Apr to 14-May 7:00 PM - 9:00 PM

Community Center Instructor: Carlson, Shirley

\$40 City, \$45 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Learn to Crochet

(Ages: 12 to Adult) All supplies included! Just bring yourself and learn how to crochet. Learn the basic stitches and leave our class well on your way to making gifts for family, friends, or yourself. Advanced beginners are always welcome.

5063.414 M, 12-Jan to 2-Feb 5:30 PM - 7:00 PM

5063.415 M, 9-Feb to 2-Mar 5:30 PM - 7:00 PM

Community Center Instructor: Landers, Lois

\$20 City, \$25 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Intermediate Crochet

(Ages: 12 to Adult) If you know how to crochet with the basic stitches, you will love this class. We will join stitches to learn how to make an afghan.

5063.416 Sa, 7-Feb to 28-Feb 9:15 AM - 11:15 AM

5063.417 Sa, 4-Apr to 25-Apr 9:15 AM - 11:15 AM

Community Center Instructor: Landers, Lois

\$20 City, \$25 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Plastic Canvas

(Ages: 16 to Adult) Learn new crafts with plastic canvas. We will make things like plastic coasters, decorations for the Easter holiday and many other things!

4033.226 M, 12-Jan to 2-Feb 7:30 PM - 9:00 PM

4033.228 M, 9-Feb to 2-Mar 7:30 PM - 9:00 PM

Community Center Instructor: Landers, Lois

\$35 City, \$40 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

MORE SPECIAL INTEREST

BASKET MAKING CLASSES

Cherokee Comb

(Ages: 16 to Adult) This is a plaited basket that is narrow and long. The back of the basket is raised. A rim is lashed on around the top of the basket; add color with dye. A \$11.00 supply fee is included in the price.

4043.211 Sa, 17-Jan 9:00 AM - 1:30 PM
Community Center Instructor: Wells, Debby
\$32 City, \$37 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Elbow Heart Basket

(Ages: 16 to Adult) This is another plaited basket shaped like a heart. The basket is suitable for hanging on a wall or door; or useful for drying herbs. The top of the heart has lashed on rims; add color with dye. A \$11.00 supply fee is included in the price.

4043.310 Sa, 21-Feb 9:00 AM - 1:30 PM
Community Center Instructor: Wells, Debby
\$32 City, \$37 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Mountain Apple Basket

(Ages: 13 to Adult) This round based basket has a bump in the bottom that allows apples to be carried without rolling into each other. The bottom is doubled and is twined; the sides are a continuous weaver. Create your own insert handle and lash on a rim. Color to complete project. Homework is involved. A \$22.00 supply fee is included in the price.

4043.302 Sa, 11-Apr 9:00 AM - 1:15 PM
Community Center Instructor: Wells, Debby
\$69 City, Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Plaited Square Spring Basket

(Ages: 16 to Adult) This is a square basket with start/stop sides. The rim is lashed on around an oak handle. Add color with dye.

4043.311 Sa, 21-Mar 9:00 AM - 1:30 PM
Community Center Instructor: Wells, Debby
\$36 City, \$41 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Stop Smoking

(Ages: 16 to Adult) This time you are going to quit smoking for good! Nancie Harris, a registered hypnotist for behavior modification, will help you quit without withdrawal symptoms, chemicals or medication, using relaxation and behavior modification techniques. Nancie will teach you the new behavior skills to get rid of your addiction. Why not give it a try? Class size is limited.

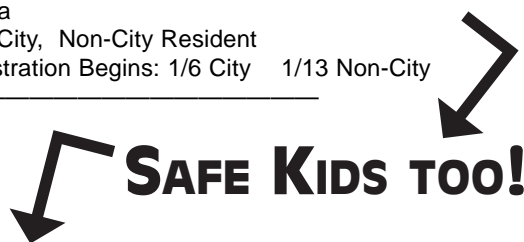
2460.104 M, 12-Jan 7:00 PM - 9:00 PM
2460.105 M, 16-Feb 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie
\$35 City, \$40 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

RAD for Women

(Ages: 12 to Adult) In a bad situation, would you know what to do? This important hands-on program, brought to us by the Fredericksburg Police Department, will give you some safety tips and teach you valuable defense tactics to use should you ever be attacked. You'll learn how and where to kick and hit, and when and what to yell. Gain self-confidence and feel safer knowing that you know how to protect yourself should danger arise.

2511.311 M, 2-Feb to 23-Feb 7:00 PM - 9:00 PM
Fredericksburg Police Department Instructor: Jones, Sheila
\$12 City, Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City



RAD for Kids on page 14

Bike Street Riding

(Ages: 13 to Adult) Bicycle safety classes for experienced and beginning cyclists, bike commuters, parents who bike with their kids, and any cyclist who wants to get around town safely- You'll enjoy cycling more when you are comfortable riding in traffic and understand the laws and how to handle road situations. Two classes will be held from 9:00am to 12:00pm, with a short ride immediately following. Both rides will be between eight and ten miles.

2460.300 Sa, 9-May to 16-May 9:00 AM - 12:00 PM
Community Center Instructor: Jones, JoAnne
\$25 City, \$30 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

MORE SPECIAL INTEREST

Heart Saver CPR & First Aid Cert

(Ages: 16 to Adult) This course covers it all: child/infant and adult CPR and basic first aid. Take one Saturday and be prepared to take care of your family and friends in an emergency. Certification card upon successful completion of course & test. Optional books may be purchased for \$15. Bring bag lunch.

2110.205 Sa, 17-Jan 9:30 AM - 3:30 PM
2110.207 Th, 19-Feb 9:30 AM - 3:30 PM
2110.208 Sa, 14-Mar 9:30 AM - 3:30 PM
2110.209 Sa, 11-Apr 9:30 AM - 3:30 PM
2110.203 Th, 14-May 9:30 AM - 3:30 PM
Community Center Instructor: Carpenter, Tim
\$45 City, Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Heart Saver CPR Certification

(Ages: 16 to Adult) This course will cover CPR for adults and children and will result in certification upon completion of the written test. Optional books may be purchased for \$15.

2110.206 Th, 16-Apr 9:30 AM - 1:30 PM
Community Center Instructor: Carpenter, Tim
\$35 City, Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Heart Saver- First Aid

(Ages: 16 to Adult) This course will cover First Aid. Take this class to prepare yourself for any emergency situation. *Optional books may be purchased for \$15.

2120.315 W, 21-Jan 9:30 AM - 1:30 PM
2120.101 Sa, 28-Feb 9:30 AM - 1:30 PM
Community Center Instructor: Carpenter, Tim
\$35 City, Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

CPR/AED

(Ages: 14 to Adult) Would you be able to help someone you love if they needed CPR? Don't wait until it's too late to find out! This class will give you the skills you will need to provide basic care for breathing and cardiac emergencies, and perform cardiopulmonary resuscitation until advanced medical personnel arrive. You will also be trained to use an Automated External Defibrillator (AED). AED's greatly increase the survival rate from cardiac arrest and are rapidly becoming an essential part of response at all levels. AED's can deliver a life-saving electrical shock and you can learn to operate them and save a life. That's a lot of peace of mind!

2110.411 W, 7-Jan 9:30 AM - 1:30 PM
2111.301 W, 4-Feb 9:30 AM - 1:30 PM
2110.408 W, 4-Mar 9:30 AM - 1:30 PM
2110.301 W, 1-Apr 9:30 AM - 1:30 PM
2111.302 Sa, 9-May 9:00 AM - 1:00 PM
Community Center Instructor: Carpenter, Tim
\$35 City, Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

ASHI Pet First Aid

(Ages: 10 to Adult) Will you know what to do when your pet needs help? Your pet depends on you for his or her well-being. Our Pet First Aid course teaches emergency care procedures for cats and dogs and provides tips for keeping your pet happy and healthy too. Among the things you will learn are; How to approach a sick or injured animal; administering medications; recognizing an emergency; performing CPR and first aid; treating common problems and emergencies requiring immediate attention; and what to stock in a pet first aid kit.

4814.122 Th, 19-Mar 9:30 AM - 1:30 PM
4814.123 W, 27-May 9:30 AM - 1:30 PM
Community Center Instructor: Carpenter, Tim
\$35 City, \$40 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

WOULD YOU KNOW WHAT TO DO?

BE PREPARED!

Heart Saver, First Aid, and CPR/AED programs are designed to give you the confidence to respond in an emergency situation with skills that can save a life.

It's not too late to Volunteer
at First Night Fredericksburg
2 and 4 hour shifts available • Individuals and Families welcome

Volunteer! Only two hours! VOLUNTEER! BRING YOUR FAMILY!

Call Janet at (540) 372-1086 x204 for details!

MORE SPECIAL INTEREST

Nancie Harris

Medium

**Acrylics, Drawings, Watercolor,
Knitting, Jewelry,**

Education

Museum of Modern Art, Omaha, NE

Artist's statement:

Everyone has some kind of beautiful art inside them and the teacher should be the one to help find that beauty. Art takes many forms and when we find it we become complete inside ourselves. In my classes I have found so many talented people so full of creativity.

I think sharing our love of art is the most important thing - there is enough for all of us!

Drawing I

(Ages: 16 to Adult) Always wanted to draw, but never took the time? Come to Nancie's class and learn a new talent or continue the one you have. You will be learning the basics of 3-D drawing. Supply List: one 18 x 24" newsprint drawing pad, two #2 Pencils, two #3 Pencils, and one hand held pencil sharpener.

4012.115 Th, 8-Jan to 29-Jan 10:00 AM - 12:00 PM

4012.129 Th, 5-Mar to 26-Mar 10:00 AM - 12:00 PM

4012.116 Th, 8-Jan to 29-Jan 7:00 PM - 9:00 PM

4012.130 Th, 5-Mar to 26-Mar 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie

\$41 City, \$46 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Drawing II

(Ages: 16 to Adult) For those of you who have completed Drawing I or have drawing experience. We'll improve your techniques and learn more secrets to making a drawing come to life. We will also incorporate ink into our drawings. Come ready to draw! Supply list: one 18 x 24" newsprint drawing pad, two #2 pencils, two #3 pencils, one hand held pencil sharpener, and one ink pen.

4012.400 Th, 5-Feb to 26-Feb 10:00 AM - 12:00 PM

4012.418 Th, 9-Apr to 30-Apr 10:00 AM - 12:00 PM

4012.416 Th, 5-Feb to 26-Feb 7:00 PM - 9:00 PM

4012.128 Th, 9-Apr to 30-Apr 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie

\$41 City, \$46 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Watercolor I

(Ages: 16 to Adult) Get to know the artist within you. Learn the basics of this beautiful medium with artist Nancie Harris. Find your particular style and feel your creative energy flow as you learn how to begin painting your own watercolors. Each student will work on 4 pieces throughout the course. Pick up a supply list when you register. No experience necessary.

4031.215 Tu, 6-Jan to 27-Jan 10:00 AM - 12:00 PM

4031.216 Tu, 3-Feb to 24-Feb 10:00 AM - 12:00 PM

4031.219 Tu, 10-Mar to 31-Mar 10:00 AM - 12:00 PM

4031.217 Tu, 6-Jan to 27-Jan 7:00 PM - 9:00 PM

4031.218 Tu, 3-Feb to 24-Feb 7:00 PM - 9:00 PM

4031.220 Tu, 10-Mar to 31-Mar 7:00 PM - 9:00 PM

4031.415 Tu, 7-Apr to 7-Apr 7:00 PM - 9:00 PM

Community Center Instructor: Harris, Nancie

\$41 City, \$46 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Watercolor II

(Ages: 16 to Adult) For those of you who have taken Nancie's Watercolor I class or have some watercolor experience. We will expand your watercolor techniques and explore new ways to handle the medium. There will be three new techniques wet on wet, collage work, another card. Come ready to paint! Supply List: Basic Watercolor Set, Medium Brush (1)

4031.225 Tu, 7-Apr to 28-Apr 10:00 AM - 12:00 PM

Community Center Instructor: Harris, Nancie

\$41 City, \$46 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

MORE SPECIAL INTEREST ..

Pet Portraits

(Ages: 16 to Adult) Join the fun as we help you create a beautiful painted pet portrait. A pet portrait is an exciting way to express your love for a beloved companion, or cherish the memory of one that is no longer with you. Or make a great gift for a friend! Bring 3-4 pictures of your pet, and the materials you want to work in. Also bring a 9 x 12 or larger canvas.

4311.500 M, 26-Jan 7:00 PM - 9:00 PM
4311.501 M, 16-Mar 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$35 City and Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Acrylics I

(Ages: 16 to Adult) This easy, portable art will offer even beginning artists a chance to express themselves with paint. We'll look at basic acrylic techniques, try an acrylic collage, a wash, and even a still life. Make this the year you try something new and creative acrylics. Pick up a supply list when you register. No experience necessary.

4035.202 W, 7-Jan to 28-Jan 10:00 AM - 12:00 PM
4035.331 W, 4-Mar to 25-Mar 10:00 AM - 12:00 PM

4035.225 W, 7-Jan to 28-Jan 7:00 PM - 9:00 PM
4035.332 W, 4-Mar to 25-Mar 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Acrylics II

(Ages: 16 to Adult) For those of you who have some experience working with acrylic paints or have taken Nancie's first session. This class will help you continue to explore your creativity and ability to work in this wonderfully portable and easy art form. Each student will continue to work at his/her pace to complete different projects. Supply List: starter set, small, medium, large brush, basic colors, 24 x 22" canvas to start with and a palette.

4035.120 W, 4-Feb to 25-Feb 10:00 AM - 12:00 PM
4036.206 W, 8-Apr to 29-Apr 10:00 AM - 12:00 PM

4035.121 W, 4-Feb to 25-Feb 7:00 PM - 9:00 PM
4036.201 W, 8-Apr to 29-Apr 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$41 City, \$46 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Working with Acrylics

(Ages: 16 to Adult) A nice mid-week break for budding artists. You will learn about mixing paints, drawing, preparing paint surfaces and basic techniques. Whether you are just beginning or have some experience with acrylics, Ed will work with you to inspire your creativity. No experience necessary, just come ready to paint. A supply list will be on your receipt when you register.

4035.230 Tu, 13-Jan to 3-Feb 10:00 AM - 12:00 PM
4035.234 Tu, 17-Mar to 7-Apr 10:00 AM - 12:00 PM
4035.235 Tu, 21-Apr to 12-May 10:00 AM - 12:00 PM

Community Center Instructor: King, Ed
\$40 City, \$54 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Artist's statement:

The Impressionists of the late 19th and early 20th centuries are a strong influence upon my own work. Another thing about my own work, I like to work fast. I just don't have the temperament to labor a half year on one painting. I'm a fast impulsive painter... I have almost a zen experience when I paint. I observe that..... The longer one labors over a given work...the stiffer and deader it seems to become... very static very lifeless.... We all have different ways of relating to what we do... as artists and this is essentially where I am coming from, at least for now.

Ed King

Medium

**Acrylic and Oil paintings, Ceramics,
Woodworking, and Drawings**

Education

MFA Pratt Institute in NYC; Also attended VCU

MORE SPECIAL INTEREST ..

Are you thinking about adding a dog to the family this holiday?

1 LEARN THE BEST BREED FOR YOU

How to Find The Dog of your Dreams

(Ages: 16 to Adult) How to find the dog of your dreams; Perfect Puppies. Ready rescues look before your leap. A dog is for life. If you're very blessed the dog you bring home today will live with you, love you, depend on you for every breath, every command, every happiness for up to sixteen or more years. A dog is a terrible life to waste. Bring all your questions about how to choose the right tiny pup or ready for rescue older dog. Learn to interview a breeder. Get ready to surf the web for rescue dogs who need you. We will discuss any breed you have on your mind. Join us for a great day of fun. This class will be held at the community center.

4311.206 Tu, 10-Mar to 10-Mar 1:00 PM - 3:30 PM
Community Center Instructor: Ferrell, Sarah
\$17 City, Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City



2 TEACH SOME MANNERS

Basic Dog Manners

(Ages: 16 to Adult) In this class, using positive reinforcement methods based on current learning theory and behavior modification techniques, we will teach YOU to teach the dog to respond to your commands of: Come, Sit (and Stay), Down (and Stay), and heel. Dogs of all ages and sizes are welcome, but the dog must be at least 14 weeks old and have had at least 2 or 4 puppy vaccinations. Participants in all classes must show current veterinary vaccinations at first night's orientation. Positive reinforcement methods only; we will learn to use a clicker. Students learn to use their clicker to show dogs the desired behavior and give the immediate rewards. A clicker, hot dogs, lots of praise, and a dog that you love is all you really need for class. Dogs attend ALL five classes. Please request a supply list and class orientation sheet when you register. All classes are held at Dog Krazy with dogs.

4311.321 W, 14-Jan to 11-Feb 4:00 PM - 4:45 PM
Dog Krazy Instructor: Ferrell, Sarah
\$89 City, \$99 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

3 SHOW A NEW DOG NEW TRICKS

Ready! Steady! Train!

(Ages: 16 to Adult) Ready to train your dog, but don't have the time to attend a weekly class? Need help mastering the skills you wish you had to train your own dog at home? If you and your dog have one day to watch, practice and master the basics of positive reinforcement, this is the class you have been waiting to attend. Join Sarah for a fun and fact filled evening to teach you basic dog manners skills: Sit! Down! No Jump! Come! Easy! No pull! Touch! Go to your place! and Watch me! This one evening will change the way you and your dog live!

As an added bonus, class includes a copy of Sarah's award-winning book, Devoted To Dogs: How To Be Your Dog's Best Owner to guide your practice and answers to your dog behavior questions. As for class orientation and supply list when you register for class or go by the Dorothy Hart Community Center to pick up your supply list if registering on-line.

4311.306 W, 7-Jan to 7-Jan 1:00 PM - 3:30 PM
Dog Krazy Instructor: Ferrell, Sarah
\$25 City, Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

MORE SPECIAL INTEREST

4 BE A PRO-ACTIVE OWNER

Got Dog Problems? Sarah Has Answers!

(Ages: 16 to Adult) Do you wonder why Bongo wee-wees behind dinning room table? Has Esmeralda chewed up all your shoes and your underwear? Is Tonto digging to China, by way of your favorite hydrangea shrub? Does Grandpaw Bob worry your bouncing BoBo will break his hip when he visits? Are you captive to your house because Sugar goes nuts when you leave her alone?

Does BibBib hate and despise your new boyfriend? If you have a question, Sarah Ferrell would love to listen and analyze the reasons for all your doggy woes, puppy worries and dog misbehavior concerns. Every question is a good question. Pu Poppy on path to perfect canine behavior management. You need this class!

4311.102 Tu, 20-Jan 1:00 PM - 3:30 PM
Community Center Instructor: Ferrell, Sarah
\$17 City, Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Sarah Ferrell...

is a writer, portrait photographer, pet dog manners teacher, and canine behavior consultant. She is a member of the Association of Pet Dog Trainers, the National Association of Dog Obedience Instructors, and is a Govenor on the Board of English Springer Spaniel Field Trial Association. Sarah has taught obedience classes in the United States and Belgium and has owned Dog Manners Behavior and Obedience for over 20 years.

Classes held at Dog Krazy

Dog Krazy is located at 1013 Caroline Street in downtown Fredericksburg. Follow William St. to Caroline St.. Turn left onto Caroline. **Please do not call Dog Krazy with questions pertaining to these classes**, even cancellation information. Register at the Community Center, not the store. Call 372-1086 ext. 208 or ext. 0 for info.

5 RAISE A GOOD CITIZEN

Canine Good Citizen Training Workshop & CGC Test

(Ages: 16 to Adult) Heard about the new American Kennel Club award for mixed breeds, pure breds, and ALL well-behaved dogs? Your dog wants to be a Good Citizen! The Canine Good Citizen training will teach you why and how to become an AKC Canine Good Citizen. You and your canine companion will learn techniques for training (loose lead walking, not jumping up, come, sit-stay, down-stay), hints for passing the AKC CGC test, goals to be set for you and your dog and how to get and keep the dog's attention on YOU. We will practice ten obedience tasks of the AKC CGC test each week in class, and we will take the CGC test as our graduation exercise. ALL interested nonaggressive dogs welcome-you do not need to have completed the basic dog manners course, but dogs should know the commands: sit, down, come and have mastered loose lead walking. Dogs attend ALL three classes. Please pick up a supply list and class orientation sheet at the Dorothy Hart Center (408 Canal Street) upon registering.

4320.201 W, 11-Mar 1:00 PM - 2:30 PM
Dog Krazy Instructor: Ferrell, Sarah
\$25 City, \$30 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

6 BE PREPARED FOR ANYTHING

ASHI Pet First Aid

(Ages: 10 to Adult) Will you know what to do when your pet needs help? Your pet depends on you for his or her well-being. Our Pet First Aid course teaches emergency care procedures for cats and dogs and provides tips for keeping your pet happy and healthy too. Among the things you will learn are; How to approach a sick or injured animal; administering medications; recognizing an emergency; performing CPR and first aid; treating common problems and emergencies requiring immediate attention; and what to stock in a pet first aid kit.

4814.122 Th, 19-Mar 9:30 AM - 1:30 PM
4814.123 W, 27-May 9:30 AM - 1:30 PM
Community Center Instructor: Carpenter, Tim
\$35 City, \$40 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

MORE SPECIAL INTEREST



Understanding Humor

(Ages: 12 to 18 yrs) Humor—what is it? What is funny? Why do we laugh? How do we create humor? Join R. Bruce, internationally acclaimed comedian, singer/songwriter to address these and other questions regarding 'funny'. The discussions will include: standup comedy and its styles, humor in film and television, cartoons and improvisation, and creating humor. The final day will allow the students to perform or to show humor that they have created themselves. Six weeks - includes all materials. (Please bring a notebook)

3106.201 Tu, 20-Jan to 24-Feb 7:30 PM - 8:30 PM
Community Center
Instructor: R. Bruce, Peace Fountain Foundation
\$115 City, \$130 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Life is good!!



Have Family in town for the Holidays? Take them to First Night Fredericksburg

Wednesday, December 31, 2008
A New Year's Eve Celebration
for the whole family in
downtown Fredericksburg

The event features live music and a variety of entertainment for all ages. A special children's parade and early countdown, followed by more music and fun until the special midnight celebration.

www.firstnightfredericksburg.com

How to Practice Being Happy!

(Ages: 16 to Adult) Start the new year out right and find out what it is you're really looking for in life. A chance to nurture your spirit and charge your batteries. Get rid of those old ideas that keep you from being the best you can be! You will learn news skills to help manage your space in a more productive way, help you with low energy, depression, and low self-esteem.

2452.215 M, 5-Jan 7:00 PM - 9:00 PM
2452.216 M, 9-Mar 7:00 PM - 9:00 PM
2452.217 M, 6-Apr 7:00 PM - 9:00 PM
Community Center Instructor: Harris, Nancie
\$25 City, Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Songwriting for Teens

(Ages: 12 to 18 yrs) Which comes first—the music or the lyrics? The answer is either can, and do. R. Bruce's songs have been performed internationally from rock bands such as Deep Purple to the popular blues group, Saffire. In these sessions he will discuss songwriting from concept to completion and work with the students on songwriting projects of their own. Six weeks—includes all materials. (Please bring a notebook)

3105.201 Tu, 20-Jan to 24-Feb 6:15 PM - 7:15 PM
Community Center
Instructor: R. Bruce, Peace Fountain Foundation
\$115 City, \$130 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

MORE SPECIAL INTEREST ...



Open to the public
May 23 - August 23, 2009

**Swimming, Lessons,
Events and more!**

Located in Dixon Park, on Rt. 2 & 17
Call 372-1086 for details

Pool Photo ID Card : Summer is coming! Plan to get your Pool Photo ID Card renewed or issued early!

Starting April 21, 2009 and every Tuesday and Thursday after that until May 21 you can get your card from the Dorothy Hart Community Center between the hours of 4:00pm until 6:00pm. After May 21, cards will be issued at the Dixon Pool facility only during operational hours. Please check the schedule to see times. If you were issued a card last year you only need to bring your card back for updating. You do not need to bring anything else. If you are registering for the first time you will need to bring proof of age and proof of residency.

Look for more info in our Summer Brochure!

May 23 – 25	11:30am – 7:00pm
May 26 – 29	3:00pm – 7:00pm
May 30 -31	11:30am – 7:00pm
June 1 – 5	3:00pm – 7:00pm
June 6 – 7	11:30am – 7:00pm
June 8 – 12	3:00pm – 7:00pm
June 13 – August 23 (Full Operations)	11:30am – 7:00pm

AQUATICS, CONCESSIONS & DIXON POOL

Summer Jobs- Open until Filled.
Applicants must be over 16 years old.

- **Lifeguard • Pool Operator/Head Lifeguard**
- **Concession/Gate Workers**
- **Water Safety & Water Aerobics Instructors**

Contact: JoAnne Jone (540) 372-1086 ext. 217

**SEE PG. 33 FOR MORE INFO ON THESE &
OTHER SUMMER JOBS**

The Italian Job - Conversational Italian

(Ages: 16 to Adult) Come immerse yourself in one of the most romantic languages in the world. This class is for teens and adults in an environment where the instructor will familiarize the class with basic words and phrases in Italian. This course will teach you the basic skills to converse with an Italian speaker.

4490.202 Sa, 31-Jan to 14-Mar 10:15 AM - 11:15 AM

4490.205 Sa, 21-Mar to 20-Jun 10:15 AM - 11:15 AM

4490.209 Sa, 21-Mar to 20-Jun 11:30 AM - 12:30 PM

Community Center Instructor: Toole, Lucia

\$60 City, \$65 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Spanish for Beginners

(Ages: 16 to Adult) Spanish is growing fast these days, so don't miss your chance to learn some of the basic phrases and sentences. Nancy, the instructor, will introduce you to the basics to help you in the work place or just in every day conversation. A book will be included in the the class.

4490.204 M, 9-Feb to 23-Mar 6:30 PM - 7:30 PM

4490.206 M, 6-Apr to 18-May 6:30 PM - 7:30 PM

Community Center Instructor: Hudson, Nancy

\$60 City, \$65 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

MORE SPECIAL INTEREST

Easy Self-Hypnosis

(Ages: 16 yrs to Adult) Use your mind to create your life. Self-Hypnosis is easy to learn and easy to do. In 15 minutes a day you can reduce stress, raise self esteem, modify habits, promote wellness, encourage joyful living, invite prosperity and abundance, and enhance spiritual growth. Learn a quick and easy technique that can transform your life with Ralph Davis, a professionally trained Certified Hypnotherapist.

2452.221 Tu, 13-Jan 7:00 PM - 9:00 PM

2452.222 Tu, 20-Jan 7:00 PM - 9:00 PM

2452.223 Tu, 27-Jan 7:00 PM - 9:00 PM

Single Classes: \$35 City and Non-City Resident

2452.220 Tu, 13-Jan to 27-Jan 7:00 PM - 9:00 PM

2452.224 W, 4-Feb to 18-Feb 7:00 PM - 9:00 PM

Three Classes: \$90 City and Non-City Resident

Community Center Instructor: Davis, Ralph

Registration Begins: 1/6 City 1/13 Non-City

Introduction to Eden Energy Medicine

(Ages: 14 to Adult) Learn to work with the vital energy systems of your body with fun, easy to learn techniques. Tap into your natural inner well spring of energy as you learn to heal, balance, and restore your body using Donna Eden Energy Medicine. Professional instruction provided by a trained Energy Medicine Practitioner. Michelle Earnest, RN, MSN, CFNP

2452.219 F, 6-Feb to 20-Feb 7:00 PM - 9:00 PM

Community Center Instructor: Earnest, Michelle

\$90 City, Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City



Herbal Home Remedies

(Ages: 18 to Adult) LET NATURE BE YOUR HMO! Come learn about the remedies that are growing in your garden, on your windowsill or found in your spice rack that may be used to create a good medicine chest/first aid kit. This class will teach the appropriate preparations on how to use plants for healing. Examples taught on how to make Herbal oils, salves, poultice, tinctures, infusions and decoctions.

4682.337 Tu, 10-Mar 6:30 PM - 8:00 PM

4682.336 Tu, 10-Feb 6:30 PM - 8:00 PM

Keep It Green Herbal Remedies

Instructor: Cassidy-Farrell, JoAnna

\$35 City and Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Keep It Herbal - Spring Detox

(Ages: 18 to Adult) Detoxification takes place on many levels in the body. In this class you will learn how to detox your body naturally with a safe herbal program. The information provided will educate the public's exposure to everyday poisons and address inexpensive ways to rid your body of the unwanted overload of toxins such as yeast, heavy metals, excessive medications, food pesticides, and other environmental toxins.

4682.339 Tu, 27-Jan 6:30 PM - 8:00 PM

4682.340 Tu, 24-Mar 6:30 PM - 8:00 PM

Keep It Green Herbal Remedies

Instructor: Cassidy-Farrell, JoAnna

\$35 City and Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

JoAnna Cassidy-Farrell is a Master Herbalist and Certified Natural Health Care Professional.

Classes will be held at the Keep It Green Herbal Remedies - 609 Jett St. Fredericksburg, VA 22405

Adult Fencing

(Ages: 17 to Adult) Our trained instructors teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At registration you may opt to rent equipment or bring your own. Take this opportunity to learn a new sport. Class size limited. equipment fees (\$20) need to be paid to instructor at the first day of class. Classes March 10, 17, 24 & 31 will be held at Lafayette Elem. and classes April 7 & 14 will be held at the Dorothy Hart Center.

4444.204 Tu, 13-Jan to 17-Feb 7:45 PM - 8:45 PM

4444.205 Tu, 10-Mar to 14-Apr 7:45 PM - 8:45 PM

Community Center Instructor: Taylor-McNally, Dan

\$60 City, \$65 Non-City Resident

Registration Begins: 12/17 City 12/22 Non-City